

# Baked Chicken Thighs alla Nonna

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2 tablespoons extra-virgin olive oil  
2 cups seasoned bread crumbs  
2 cups Parmigiano Reggiano or Pecorino Romano cheese, grated  
4 eggs  
12 cleaned and trimmed chicken thighs, skin on, bone in  
1/2 teaspoon coarse salt  
freshly ground black pepper

Preheat the oven to 425 degrees.

Spread the olive oil evenly over the surface of a large baking dish or sheet pan.

In a large bowl, combine the bread crumbs and grated cheese. Beat the eggs in a separate bowl.

Rinse the chicken thighs and pat dry. Sprinkle with salt and pepper. Dip in the egg mixture and then the bread crumb mixture. Coat thoroughly, pressing the crumbs into the thighs. Place skin side up in the prepared pan.

Bake for 45 to 50 minutes until golden brown.

Remove from the oven and let stand 10 minutes before serving.

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Per Serving (excluding unknown items): 1415 Calories; 53g Fat (34.2% calories from fat); 59g Protein; 171g Carbohydrate; 10g Dietary Fiber; 853mg Cholesterol; 7580mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 8 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	1415	Vitamin B6 (mg):	.6mg
% Calories from Fat:	34.2%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	48.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	17.0%	Riboflavin B2 (mg):	1.4mg
Total Fat (g):	53g	Folacin (mcg):	144mcg

**Saturated Fat (g):** 12g  
**Monounsaturated Fat (g):** 30g  
**Polyunsaturated Fat (g):** 7g  
**Cholesterol (mg):** 853mg  
**Carbohydrate (g):** 171g  
**Dietary Fiber (g):** 10g  
**Protein (g):** 59g  
**Sodium (mg):** 7580mg  
**Potassium (mg):** 916mg  
**Calcium (mg):** 348mg  
**Iron (mg):** 11mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 1010IU  
**Vitamin A (r.e.):** 287RE

**Niacin (mg):** 7mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0%

### Food Exchanges

**Grain (Starch):** 11 1/2  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 8  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1415                      **Calories from Fat:** 484

### % Daily Values\*

<b>Total Fat</b>	53g	82%
Saturated Fat	12g	58%
<b>Cholesterol</b>	853mg	284%
<b>Sodium</b>	7580mg	316%
<b>Total Carbohydrates</b>	171g	57%
Dietary Fiber	10g	40%
<b>Protein</b>	59g	
<b>Vitamin A</b>		20%
<b>Vitamin C</b>		2%
<b>Calcium</b>		35%
<b>Iron</b>		63%

\* Percent Daily Values are based on a 2000 calorie diet.